

## 9. Tennis

### Learning Objectives:

- Train the imagination and creativity
- Practice the listening to your partner
- Have greater awareness of different parts of the body
- React and play "without thinking"

### Materials: Music

**Description:** In pairs, an imaginary ball is tossed and relaunched to each other, using only certain parts of the body: the forehead, shoulders, chest, pelvis (front, side and back).

We tune each hit on the ball with a sound.

Initially we can play "mirror", i.e. player "B" responds to "A" with the same part of the body. Afterwards, the players are left free to choose.

The hits are given with different strengths and in different directions, so you have to "see" where the ball goes and move accordingly, like in a real tennis match (you can watch the last scene from Antonioni's film "Blow up"!).

Players can be asked to gradually get closer and closer: the smaller the space, the faster the pace will be, up to the an unsustainable point.

### Development:

- 1) The game, after being played in pairs, can also be played in small groups.
- 2) Using different kind of music, players can be asked to abandon the idea of tennis and let the music guide them.

### Variants:

- 1) The ball is no longer used to play tennis, but to "hit" the partner. The partner will suffer the blow by receiving it with the struck part of the body, without repelling. Then, with another part of the body, he will throw the ball to hit his partner.  
The game doesn't necessarily have to be always "hard": the blows can become less strong, until they resemble caresses and the partner will react accordingly. Different kind of music can tune these different phases of the game.
- 2) We put away the imaginary ball and continue playing in pairs, still focusing on the individual parts of the body. It will no longer be a ping-pong, back and forth. The new idea is that we can invent a dialogue made of small sequences of movements.  
"A" and "B" look at each other from a distance. "A" approaches "B" by moving a single part of the body at will (e.g. pats with a shoulder followed by a rotation of the same) and then add the movement of another part (pelvis?) and then again of another (head?). Each movement will be tuned with a sound with the mouth. "A" will so have improvised a small sequence of movements, with the intention of "communicating" something to "B" who will have remained still, attentive and watching. Now "A" stands still in the position in which he is and observes the "response" of "B". When "B" has finished, "A" will answer, and so on.



What relationship will be created between “A” and “B”? Will it be a fight, a courtship, a gossip?

**Observations:** The host will invite the players to avoid making facial expressions to be concentrate on the rest of the body (as if the faces were covered by a mask). It is important that the players "do not think", but that they react with the body.

